AVILA UNIVERSITY

EAGLES™

WINTER SPORTS GUIDE

2005-2006

WOMEN'S BASKETBALL

MEN'S BASKETBALL

DANCE

CHEER

Eagle Athletics

ONLINE

www.avila.edu/athletics

2005 Women's Basketball Schedule

Date	Day	Opponent	Time	Location
11/4/05	Fri	Benedictine Classic (KS Wesleyan	5:30	Atchison, KS
11/5/05	Sat	Benedictine Classic (Bethel)	4:00	Atchison, KS
11/8/05	**Tue**	**McPherson**	**5:30**	**Kansas City, MO**
11/11/05	Fri	Hannibal-LaGrange Classic (Stephens)	3:00	Hannibal, MO
11/12/05	Sat	Hannibal-LaGrange Classic (Wm. Penn)	12:00	Hannibal, MO
11/15/05	Tue	St. Mary	7:00	Leavenworth, KS
11/17/05	**Thu**	**Evangel**	**5:30**	**Kansas City, MO**
11/19/05	Sat	Lindenwood	2:00	St. Charles MO
11/22/05	**Tue**	**Kansas Wesleyan**	**5:30**	**Kansas City, MO**
12/1/05	Thu	Benedictine	5:30	Atchison, KS
12/3/05	**Sat**	**Baker**	**2:00**	**Kansas City, MO**
12/6/05	**Tue**	**St. Mary**	**7:00**	**Kansas City, MO**
12/8/05	Thu	Central Methodist	5:30	Fayette, MO
12/10/05	**Sat**	**Culver-Stockton**	**2:00**	**Kansas City, MO**
12/30/05	**Fri**	**Alumni Game**	**7:00**	**Kansas City, MO**
1/3/06	Tue	MO Southern State (Exhib.)	7:00	Joplin, MO
1/5/06	**Thu**	**Graceland**	**5:30**	**Kansas City, MO**
1/9/06	Mon	Mid-America Nazarene	5:30	Olathe, KS
1/12/06	Thu	William Jewell	5:30	Liberty, MO
1/14/06	**Sat**	**Missouri Valley**	**2:00**	**Kansas City, MO**
1/19/06	Thu	Evangel	5:30	Springfield, MO
1/21/06	**Sat**	**Lindenwood *#**	**2:00**	**Kansas City, MO**
1/23/06	Mon	Messenger	5:00	Joplin, MO
1/26/06	**Thu**	**Benedictine**	**5:30**	**Kansas City, MO**
1/28/06	Sat	Baker	2:00	Baldwin City, KS
2/2/06	**Thu**	**Central Methodist**	**5:30**	**Kansas City, MO**
2/4/06	Sat	Culver-Stockton	2:00	Canton, MO
2/9/05	Thu	Graceland	5:30	Lamoni, IA
2/11/06	**Sat**	**Stephens**	**4:00**	**Kansas City, MO**
2/13/06	**Mon**	**Mid-America Nazarene**	**5:30**	**Kansas City, MO**
2/16/06	**Thu**	**William Jewell**	**5:30**	**Kansas City, MO**
2/18/06	Sat	Missouri Valley	2:00	Marshall, MO
		HAAC Conference Tournament	TBA	
		NAIA National Tournament	TBA	Sioux City, IA

Bold-faced games denote home games played at Avila University.
*Indicates Heart of America Athletic Conference opponent.
Hall of Fame & Alumni Day

2005 Men's Basketball Schedule

Date	Day	Opponent	Time	Location
11/4/05	Fri	Grace University Classic	5:30	Omaha, NE
11/5/05	Sat	Grace University Classic	1:00	Omaha, NE
11/8/05	**Tue**	**McPherson**	**7:30**	**Kansas City, MO**
11/11/05	**Fri**	**Messenger**	**7:30**	**Kansas City, MO**
11/14/05	Mon	Haskell Indian Nations	7:00	Lawrence, KS
11/17/05	**Thu**	**Evangel**	**7:30**	**Kansas City, MO**
11/19/05	Sat	Lindenwood	4:00	St. Charles, MO
11/22/05	**Tue**	**Kansas Wesleyan**	**7:30**	**Kansas City, MO**
11/28/05	**Mon**	**Ottawa**	**7:30**	**Kansas City, MO**
12/1/05	Thu	Benedictine	7:30	Atchison, KS
12/3/05	**Sat**	**Baker**	**4:00**	**Kansas City, MO**
12/6/05	Tue	Pittsburg State	7:00	Pittsburg KS
12/8/05	Thu	Central Methodist	7:30	Fayette, MO
12/10/05	**Sat**	**Culver-Stockton**	**4:00**	**Kansas City, MO**
1/2/06	Mon	St. Mary	7:00	Leavenworth, KS
1/5/06	**Thu**	**Graceland**	**7:30**	**Kansas City, MO**
1/9/05	Mon	Mid-American Nazarene	7:30	Olathe, KS
1/12/06	Thu	William Jewell	7:30	Liberty, MO
1/14/06	**Sat**	**Missouri Valley**	**4:00**	**Kansas City, MO**
1/19/06	Thu	Evangel	7:30	Springfield, MO
1/21/06	**Sat**	**Lindenwood*#**	**4:00**	**Kansas City, MO**
1/23/06	Mon	Messenger	7:00	Joplin, MO
1/26/06	**Thu**	**Benedictine**	**7:30**	**Kansas City, MO**
1/28/06	Sat	Baker	4:00	Baldwin City, KS
2/2/06	**Thu**	**Central Methodist**	**7:30**	**Kansas City, MO**
2/4/06	Sat	Culver-Stockton	4:00	Canton, MO
2/9/06	Thu	Graceland	7:30	Lamoni, IA
2/13/06	**Mon**	**Mid-American Nazarene**	**7:30**	**Kansas City, MO**
2/16/06	**Thu**	**William Jewell**	**7:30**	**Kansas City, MO**
2/18/06	Sat	Missouri Valley	4:00	Marshall, MO
		HAAC Conference Tournament		
		NAIA National Tournament		Point Lookout, MO

Bold-faced games denote home games played at Avila University.
*Indicates Heart of America Athletic Conference opponent.
Hall of Fame & Alumni Day

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AVILA UNIVERSITY EAGLES

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Eagles Hope New Faces Bring New Results in 2005-2006

The Avila University women's basketball team entered the 2004-2005 season with high hopes. They ended the season in disappointment. Season-ending injuries to Rachel Bradberry and Niki Lincoln, inconsistent play on the perimeter, and struggles on both the offensive and defensive end translated into an 11-21 mark and a 10th place finish in the Heart of America Conference. Needless to say, fourth-year Head Coach Greg Mittelstedt is in search of some better results this year.

"Throughout the off-season, the coaching staff took a long look at the program. While we felt that while the effort level was there most of the season, there were certainly some areas we needed to address. Some changes definitely had to be made."

The most obvious change in the Avila program comes in the area of personnel. Ten new faces appear on the Eagle roster, and many of them are expected to play key roles during the 2005-2006 season. The newcomers are not only numerous, but talented as this year's class features four All-State selections and several of the top players from the Kansas City Metro area as well.

"We felt like one of our biggest areas of concern was internal competition. We want the people that play for us to really have earned that spot by proving themselves in the preseason and by continuing to prove themselves daily in practice."

Graduation hit the Eagles hard in 2005 as four individuals who made significant contributions are now gone. Post player Kayla Thomas, who scored 1,285 points in her career, has departed. Also gone are guards Emily Eagan, who finished second in the Heart of America Conference (HAAC) in 3-point shooting and Angie Kessler, an All-Conference selection and the HAAC's fourth-leading scorer in 2004-2005. Bradberry, who missed the entire season with a knee injury, has also elected to forgo her one remaining year of eligibility.

The Eagle's lone returning starter is a solid one. Junior Lauren McCarthy (6'0 Leawood, KS) played significant minutes throughout the year and was a double-figure scorer in each of her last nine games in 2004-2005. Mittelsteadt expects her to continue to providing both scoring and rebounding for the Eagles.

"Lauren had a solid sophomore year and we expect her to continue to grow and develop as a player. She really got comfortable down the stretch and we hope that her confidence level continues to rise."

The other four starting positions are unsettled as of right now. Juniors Nicole Williamson (5'6 Kansas City, MO) and Caitlin Stephenson (5'10 Dallas, TX) logged the most minutes among Eagle returnees behind McCarthy, but both will be challenged by newcomers this season. Fellow juniors Kate McClung (5'10 Rogersville, MO) and Brianna Lantsberger (5'7 Raytown, MO) had strong showings in the spring and summer and expect to push for time as well. The Eagles will be young. Elise Wendt is the lone senior on the roster that also contains eight true freshmen.

"It will be interesting to see how things fall into place this season. We had an excellent recruiting class, maybe one of the best I have ever been associated with. I think all of our newcomers are really going to push our returnees this year."

The Eagles open the season once again at the Benedictine Classic Nov. 4-5, where they square off against Bethel College (KS) and Kansas Wesleyan University. The Eagles open conference play on Nov. 17 when they host defending Heart of America Conference Champion Evangel.

BY THE NUMBERS

SCORING (TOP RETURNEES)

Lauren McCarthy .....6.8 ppg
Caitlin Stephenson .....5.3 ppg
Nicole Williamson .....5.0 ppg

REBOUNDING (TOP RETURNEES)

Caitlin Stephenson .....4.7 rpg
Lauren McCarthy .....4.2 rpg
Dani Asher .....3.4 rpg

FIELD GOAL % (TOP RETURNEES)

Dani Asher 51%
Caitlin Stephenson 48%
Lauren McCarthy 48%

FREE THROW % (TOP RETURNEES)

Kate McClung 83%
Caitlin Stephenson 68%

COACHES

Head Coach

Greg Mittelsteadt returns for his fourth season as the head coach of the Lady Eagles. Mittelsteadt, a Wisconsin native, is well known in the circle of women's basketball in the Kansas City area and around the country.

In all, Mittelsteadt has 15 years of college coaching experience, also serving as the head coach at Highland Community College for five years and as an assistant coach at Upper Iowa University, Bethany Lutheran College (MN), Martin Luther College (MN), and Marian College (WI).

In addition to his college coaching, Mittelsteadt is also an active and successful summer basketball coach. A well-respected instructor on the summer camp circuit, Mittelsteadt has served on the camp staffs at the University of Wisconsin, Marquette University, Southwest Missouri State, and Mizzou. He currently serves as a consultant for Higher Level Camps, Inc., one of the largest girls' basketball programs in Wisconsin and has previously coached with Higher Level Camps, the Missouri Valley Eclipse, and the nationally renowned North-Tartan AAU program in Minnesota.

Prior to coming to Avila, Mittelsteadt spent five years as the women's basketball coach at Highland Community College (KS) where he built the Scotties into a competitive force within the Kansas Jayhawk Community College Conference, one of the elite junior college conferences in the country. While at Highland, Mittelsteadt led the Scotties to their first-ever NJCAA Region VI tournament bid. His teams were named NJCAA Academic All-American teams in each of his five years there and he also coached Highland's first-ever Jayhawk Conference Newcomer of the Year in 2001.

Assistant Coach

Bob Lehman, a coaching veteran in the Kansas City area and a graduate of Kansas State, serves as the Eagles' post coach and recruiting coordinator. Lehman spent four years as the assistant coach at the University of Saint Mary in Leavenworth and has previously coached at both St. Mary's High School and St. Pius High School in the Kansas City metro. A well-respected teacher of the game, Lehman was selected to coach in the Northeast Kansas All Star Games for three straight years. His book, *Fundamentals of Post Play*, was recently published.

A graduate of Kansas State, he resides in Kansas City with his wife, Mindy, and three children, Aaron, Adam, and Abbie.

Emily Eagan joins the Eagles staff this year after a successful career as a member of the women's basketball team. Eagan, a native of Topeka, KS, is the daughter of John and Pam Eagan and is pursuing a nursing degree at Avila.

Assistant Coach

Megan Pederson returns for her second season with the Eagles but is no stranger to the Heart of America Athletic Conference. Pederson, a four-year letter winner in both basketball and softball at Oak Park High School, comes to Avila from William Jewell College. While at Jewell, Pederson spent three years as a member of the Cardinal basketball and softball teams.

She also spent 2 seasons as a student assistant basketball coach before graduating in 2004 with her degree in secondary education and history. She is currently working on her Master's Degree in Educational Leadership at Northwest Missouri State University.

Pederson currently teaches in Kansas City.

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2005 – 2006 WOMEN'S BASKETBALL

#	NAME	YR	POS	HGT	HOMETOWN	PREVIOUS SCHOOL
10	Nigel Geuther	JR	G	5'6	Lamoille, IL	Blackhawk East College
11	Lauren McCarthy	JR	F	6'0	Leawood, KS	St. Thomas Aquinas HS
12	Teresa Diebal	FR	G	5'6	Herrman, MO	Herrman HS
13	Sarah Parker	FR	G	5'6	Leawood, KS	Shawnee Mission East HS
14	Emily Hoskins	FR	G	5'6	Shawnee, KS	Shawnee Mission Northwest HS
15	Lindsey White	FR	G/F	6'0	Harrisonville, MO	Harrisonville HS
20	Nicole Williamson	JR	G	5'6	Kansas City, MO	Hickman Mills HS
21	Kate McClung	JR	G/F	5'10	Rogersville, MO	Logan-Rogersville HS
22	Caitlin Stephenson	JR	F	5'10	Dallas, TX	Bishop Lynch HS
23	Briana Lantsberger	JR	G	5'7	Raytown, MO	Raytown South HS
24	Kayle Walker	FR	G	5'8	Lamar, CO	Lamar HS
30	Dani Asher	SO	F	6'0	Billings, MO	Billings HS
31	Ashley Simpson	JR	G	5'7	Belton, MO	Belton HS
32	Elise Wendt	SR	G	5'7	Raytown, MO	Penn Valley CC
33	Ashley Townsend	FR	F	6'0	Orrick, MO	Orrick HS
35	Katie Dugan	FR	G/F	5'10	Kansas City, MO	Oak Park HS
40	Nikki Kidwell	FR	F	5'11	St. Joseph, MO	Lafayette HS
42	Amanda Murphy	SO	F	5'10	Belton, MO	Belton HS
44	Tiara Burns	SO	G	5'7	Raytown, MO	Raytown South HS
52	Myranda Stubbs	JR	C	6'3	St. Louis, MO	Otero Junior College

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WOMEN'S BASKETBALL

AVILA UNIVERSITY EAGLES

#10 Nigel Geuther
G, JR
Lamoille, IL

#11 Lauren McCarthy
F, JR
Leawood, KS

#12 Teresa Diebal
G, FR
Herrman, MO

#13 Sarah Parker
G, FR
Leawood, KS

#14 Emily Hoskins
G, FR
Shawnee, KS

#15 Lindsey White
G/F, FR
Harrisonville, MO

#20 Nicole Williamson
G, JR
Kansas City, MO

#21 Kate McClung
G/F, JR
Rogersville, MO

#22 Caitlin Stephenson
F, JR
Dallas, TX

#23 Briana Lantsberger
G, JR
Raytown, MO

#24 Kayle Walker
G, FR
Lamar, CO

#30 Dani Asher
F, SO
Billings, MO

#31 Ashley Simpson
G, JR
Belton, MO

#32 Elise Wendt
G, SR
Raytown, MO

#33 Ashley Townsend
F, FR
Orrick, MO

#35 Katie Dugan
G/F, FR
Kansas City, MO

#40 Nikki Kidwell
F, FR
St. Joseph, MO

#42 Amanda Murphy
F, SO
Belton, MO

#44 Tiara Burns
G, SO
Raytown, MO

#52 Myranda Stubbs
C, JR
St. Louis, MO

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TEAM OUTLOOK

After finishing the 2004-05 campaign with a 6-11 record in the Heart of America Athletic Conference, the Avila Eagles are very hopeful for a brighter future on this new season.

Avila hopes that the sour taste of being at the bottom will serve as a reminder as it prepares for another shot at a conference championship and a ticket to the "Big Show."

The Eagles return two full-time starters and two part-time starters from a year ago. However, the success of the Eagles may depend on how quickly their eight newcomers, can adapt to the Avila system.

While defense will once again hopefully be Avila's strong point during the 2005-06 campaign, its weakness continues to be on the offensive end.

Last year the Eagles led the conference in scoring defense (67.2), which ranked 19th in the nation. However, on offense, Avila averaged only 63.7 points per game.
"It will be very important that our newcomers step up immediately," said second year coach Anthony Hall. We don't bring back a lot of scoring and scoring points has been our Achilles heel. Our newcomers will get a hard lesson in the conference, and I think it will create a situation where they will have to produce immediately."

Backcourt

According to Coach Hall, "Great guards give you a chance to win, especially in the Heart of America Conference. HAAC teams that excel have talented guards. Our guards have the potential to be very good. We must continue to develop them to give us an opportunity to be successful."

Anthony Sansone, one of two starters returning, will be expected to run the offense. The 5'8" guard averaged 7.9 points and 3.2 assist per game.

Blake Carr was a part-time starter for the Eagles and provided must needed support down the stretch.

Dylan Collins backed up Sansone at the point guard position and was a solid ball handler and defender for the team.

Newcomers Albert Ingram (5'11", Los Angeles Valley College), Ryan Sewitsky (6'3", Murrieta High School, CA), Cort'Ney Turner (5'10", Eastfield Community College), and Martez Young (6'3", Southwest Baptist University) will all battle for playing time at the guard position and will be expected to step up when called upon.Ingram plays extremely hard and should contribute to the success of the team. Sewitsky is an outstanding shooter from the arc. Turner is a great floor leader and understands what it takes to be a winner. Young is an athletic scorer. He can hit the open jumper and create for himself. He is also good on the defensive end of the court.

Frontcourt

Senior, Eric King, returns as the starting power forward. King averaged 6.4 points and 5.1 rebounds per game on last season. Brett Schmitt became a starter late in the season. He played a very important role down the stretch for the Eagles.

Newcomers, Chris Allen (6'6", Fair Grove High School, MO), Harold Cade (6'7", Washburn University), Michael Johnson, (6'7", Southwest Baptist University), Reginald King, 6'4", Southwest Baptist University) will all battle for playing time this season. Allen, suffered a broken leg during his senior season in high school and will be taken very slowly. Cade, at times, shows signs of being a major force in the middle. We are counting heavily on Cade to deliver for us. Johnson and King can and will play several positions on this season. Johnson may even play some point. King is a slasher type player with great athletic ability. We will need Reggie to be a defense stopper.

Red-shirt sophomore, Eric Reeves, 6'8", will also help the Eagles on the inside.

Hall knows that his team will be picked near the bottom of the conference but says we have good talent that should be very competitive in the HAAC. This is a hard working group with a good attitude, and he feels good about the season.

BY THE NUMBERS

SCORING (TOP RETURNEES)

Anthony Sansone .....7.9 ppg
Eric King .....6.4 ppg

REBOUNDING (TOP RETURNEES)

Eric King .....5.1 rpg

ASSISTS (TOP RETURNEES)

Anthony Sansone .....3.2 ppg

COACHES

Head Coach
Anthony Hall, a native of Port Gibson, Mississippi, enters his second season as head coach at Avila University. Prior to accepting the head coaching position at Avila, Hall had been an assistant coach at Avila for the past five seasons. He helped to lead Avila to the most wins in school history and a fourth place conference finish in the 2001-02 season.

Hall came to Avila after spending two seasons at The State University of West Georgia. West Georgia competes in the powerful Gulf-South Conference. While Hall was an assistant at West Georgia, they won the east division of the conference and competed in the NCAA Division II National Tournament both seasons. In 1997, he helped to lead Hutchinson Community College to the Regional Championship at the National Junior College Tournament. Hall also assisted Wichita Collegiate School to the Class 3A State Championship in 1993.

Hall played college basketball at Southeast Missouri State University, where he was a very valuable member on the 1985-86 team. That season, SEMO finished as NCAA Division II Runner-up with a 27-7 record. Hall earned Honorable Mention All Conference that season. In the 1984-85 season at SEMO, the team also competed in the Elite Eight. Prior to SEMO, Hall was an All-State performer at Utica Junior College, where he was recently inducted into the Sports Hall of Fame.

Hall received his bachelor's degree in Communication from Southeast Missouri State University and his master's degree in Education from Central Michigan University.

Coach Hall resides in Grandview, MO with wife Tracy, and children Taylor (14), T.J. (10) and Trevor (3).

Assistant Coach
Brian Sudis enters his fifth season with the Eagles. While with the Eagles, Coach Sudis served as the head coach for the junior varsity program for the 2002-2003 and 2003-2004 seasons. Coach Sudis currently serves on the Board of Directors for Win The Tip Basketball Coaches Network.

A native of Oak Park, Illinois, he received his bachelor's degree in Communication from Barrington University. Coach Sudis also served nine years in the United States Navy.

Prior to arriving at Avila, Coach Sudis was an assistant on the staff at Chaminade University in Honolulu, Hawaii, for three years. He also served as the school's assistant sports information director. He has also coached at the professional level, with the Makai Hurricanes in the semi-pro Pacific Basketball League. Coach Sudis also coached at Maryknoll High School and Radford High School, both located in Honolulu, Hawaii.

Coach Sudis resides in Overland Park, KS with his wife Laura.

Assistant Coach
Isaac Chew, a 1999 graduate of Avila University, begins his second season with the Eagle coaching staff. Chew spent the previous two seasons coaching the Nike- sponsored Kansas City Keys 16 and 17 year olds AAU boy's basketball program.

Originally from Chicago, Illinois, Chew was a standout athlete at Wells High School. He went on to have a stellar career at Iowa Lakes Community College, Westmar University, and completed his playing career at Avila.

Chew holds a B.S., B.A in Marketing from Avila '99 and an MBA from Baker University '02.

Chew holds a B.S., B.A in Marketing from Avila 99' and a MBA from Baker University 02. He resides in Overland Park with his wife Chandra, and daughter Jada (4).

Assistant Coach
Darrin Clayton is entering his first season with the Eagles and is quite familiar with the Heart of America Athletic Conference. A three-year letter winner in baseball and two in basketball at Raytown High School, Clayton went on to play collegiate baseball at Missouri Valley College.

Clayton has earned his bachelor's degree in Business from Baker University and is currently pursuing his master's in Athletics and Sports Business Administration from Central Missouri State University.

He resides with his wife Lindsay, along with son Anthony and daughter Makya.

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2005 – 2006 MEN'S BASKETBALL

#	NAME	YR	POS	HGT	HOMETOWN
3	Cort'Ney Turner	JR	G	5'10"	Jacksonville, AR
5	Albert Ingram	SR	G	5'11"	Valencia, CA
10	Anthony Sansone	SR	G	5'8"	Kansas City, MO
12	Meekaa'eel Jones	SO	G	5'9"	Kansas City, MO
14	Blake Carr	SR	G	6'1"	Jefferson City, MO
20	Ryan Sewitsky	FR	G	6'2"	Murrieta, CA
21	Michael Johnson	SR	F	6'7"	Chesapeake, VA
22	Brett Schmitt	SO	F	6'3"	Liberty, MO
23	Martez Young	JR	G/F	6'3"	Killeen, TX
24	Reggie King	SO	F	6'4"	Macon, GA
25	Dylan Collins	SO	G	5'10"	Nixa, MO
32	Eric King	SR	F	6'4"	Trenton, TN
44	Harold Cade	SR	F/C	6'7	Houston, TX
50	Chris Allen	FR	F	6'6"	Fairgrove, MO
55	Eric Reeves	SO	C	6'8"	Olathe, KS
RS	Tavan Sills	SO	G	6'1"	New York, NY

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MEN'S BASKETBALL

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#3 Cort'Ney Turner
G, JR
Jacksonville, AR

#5 Albert Ingram
G, SR
Valencia, CA

#10 Anthony Sansone
G, SR
Kansas City, MO

#12 Meekaa'eel Jones
G, SO
Kansas City, MO

#14 Blake Carr
G, SR
Jefferson City, MO

#20 Ryan Sewitsky
G, FR
Murrieta, CA

#21 Michael Johnson
F, SR
Chesapeake, VA

#22 Brett Schmitt
F, SO
Liberty, MO

#23 Martez Young
G/F, JR
Killeen, TX

#24 Reggie King
F, SO
Macon, GA

#25 Dylan Collins
G, SO
Nixa, MO

#32 Eric King
F, SR
Trenton, TN

#44 Harold Cade
F/C, SR
Houston, TX

#50 Chris Allen
F, FR
Fairgrove, MO

#55 Eric Reeves
C, SO
Olathe, KS

#RS Tavan Sills
G, SO
New York, NY

Anthony Avila
Manager

John DeRoo
Manager

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Under the direction of head coach Jason Sack, the Eagles have developed an intensive and comprehensive training program, which includes physical conditioning and stunt development. They work together to attain excellence in their performance with the ultimate goal of competition at the national level.

Avila Cheer Squad – A History of Success

National Competition

2003	UCA National Championships 13th Place, Partner Stunt Competition
2004	UCA National Championships 7th Place, All-Girl Division II Team Competition
2005	UCA National Championships 5th Place, All-Girl Division II Team Competition

Regional Competition

2002	UCA College Cheer Camp-Springfield, MO Most Collegiate Award
2003	UCA College Cheer Camp-Springfield, MO Most Collegiate Award
2003	Heart of America Conference Spirit Squad Competition Conference Champions
2003	Heart of America Conference Spirit Squad Competition All-Girl Division Champions
2003	Heart of America Conference Spirit Squad Competition Coach of the Year-Jason Sack
2004	UCA College Cheer Camp-Springfield, MO Most Collegiate Award
2004	Heart of America Conference Spirit Squad Competition All-Girl Division Champions
2005	Heart of America Conference Spirit Squad Competition 2nd Place, All-Girl Division
2005	UCA College Cheer Camp-Knoxville, TN Program Improvement Award

The Avila Cheer Squad

has quickly developed a reputation for excellence among college and university cheerleading squad around the nation. The squad has seen increased interest and development since its inception in 2002-2003. Since that time, the group has grown from 14 individuals to a complete 30 member squad. The Eagles success was very evident in 2005 as they qualified 3rd in the country and finished 5th overall at the Universal Cheer Associaition National Championships in Orlando, Florida last January.

They recently qualified for 3rd once again for the 2006 Championships. The Eagles cheer at both home and away football and basketball games. Performances include sideline cheers as well as collegiate level stunts, pyramids, and tumbling. The cheerleaders also serve as ambassadors for the university by appearing at school events, as well as representing the institution to the Kansas City Metro community. This year, the cheer team served as the "official cheer squad" for the Kansas City Bikers for Babies event, which raised over 1/2 a million dollars for the Kansas City March of Dimes charity.

In addition to their success at the national level, the cheer program found success at a number of venues during the past season. In February of 2005, the Eagles finished second in the all-girl division of the Heart of America Conference Spirit Squad Championships.

This past summer, the cheerleaders traveled to Knoxville Tennessee to participate in a UCA College summer camp. The camp consisted of 750 of the nations best cheerleaders. Against tough competition, the Eagles placed 4th in the Fight Song, Cheer, and Sideline categories behind national powerhouses Morehead State University (KY), University of Memphis (TN) and the University of West Georgia. They also received "The Program Improvement" award, given to the team that shows the most progress over the last couple of years.

Under the direction of head coach Jason Sack, the Eagles have developed an intensive and comprehensive training program, which includes physical conditioning and stunt development. They work together to attain excellence in their performance with the ultimate goal of competition at the national level.

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COACHES

Head Coach
Jason Sack enters his fifth season directing the Avila University Cheerleaders. Sack, a native of Independence, KS has a long history of success as both spirit squad coaching and spirit squad performance.

Sack's cheer career began at Independence High School where he served as team mascot for four years. Following graduation, Sack continued his cheer experience at Independence Community College where he spent two seasons as a mascot and yell leader. From there he moved on to Pittsburg State University where he spent four more years as a yell leader and also served as cheer squad captain for the squad which earned a second place finish in national competition.

Sack's coaching experience includes a long history with the Universal Cheerleaders Association where he has been a Head Instructor since 1999. Prior to his arrival at Avila, Sack served as cheer coach at Independence Community College in 1999 and Park Hill High School from 1999 until 2001. His Park Hill squad was named Missouri State Large School Co-ed Champs in 2000.

Coach Sack received a bachelor's degree in Technology Education from Pittsburg State University and also serves as Avila's athletic facility director.

Assistant Coach
Jen Lowery enters her first seasons as an assistant with the Avila cheer program. A graduate of Baker University, she received her degree in elementary education and was a 4-year member and 2-year captain of the cheer team. While at Baker, Lowery was part of the 2004 cheerleading squad that finished second in the Heart of America Athletic Conference (HAAC) Sprit Squad Championships and 7th at the National Cheer Association National Championship.

In addition to her experience as a performer, Lowery also assisted the Baker program with fundraising and coordinated the Kansas High School Cheer and Dance Festival in both 2004 and 2005. Lowery currently teaches third grade at Peculiar Elementary School and resides in Peculiar, MO.

Assistant Coach
Paula Johnson enters her first year as an assistant for the cheer program. Johnson bring over 15 years of high school coaching experience including 5 state titles and 1 national championship for her mascot at Winnetonka High School. Paula received her Bachelor's in Dental Hygene from Mizzou. She currently works in advertising in the North Kansas City area and has two kids Mandy and Nick.

Assistant Coach
Natasha Collins was a four year letterwinner under Sack. Collins was part of the core of Avila's first cheerleading squad participating on both nationals teams and qualifying 8th in the Partner Stunt Nationals. She is a 2005 graduate and is currently seeking an Avila MBA.

Assistant Coach
Britany Baber enters her first season as student assistant for Avila Cheerleading after being a part of the team since the fall of 2003. Baber a transfer from Coffeyville Community College and National Champion. She has been a part of both nationals teams and will graduate in Spring of 2006 with a degree in Nursing.

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AVILA UNIVERSITY EAGLES

CHEERLEADING

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Cassie Beurlein
JR
Raymore, MO

Danielle Plummer
JR
Independence, MO

Jill Shadden
JR
Council Bluffs, IA

Amanda Thompson
JR
Independence, MO

Brandi Braungardt
SO
Lee's Summit, MO

Amanda Campos
SO
Raymore, MO

Bryn Chaney
SO
Lee's Summit, MO

Samantha Lary
SO
Grain Valley, MO

Whitney Martinez
SO
Eagle River, AK

Bri Plassmeyer
SO
Blue Springs, MO

Tasia Sheets
SO
Overland Park, KS

Angela Smith
SO
Lee's Summit, MO

Leanne Colt
FR
Roeland Park, KS

Kayla Johnston
FR
Omaha, NE

Bailey Kyle
FR
Ozark, MO

Cassie Magers
FR
Lee's Summit, MO

Erin Nitsch
FR
St. Louis, MO

Veronica Pilshaw
FR
Lawrence, KS

Kaylee Poleshook
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Kelly Skelton
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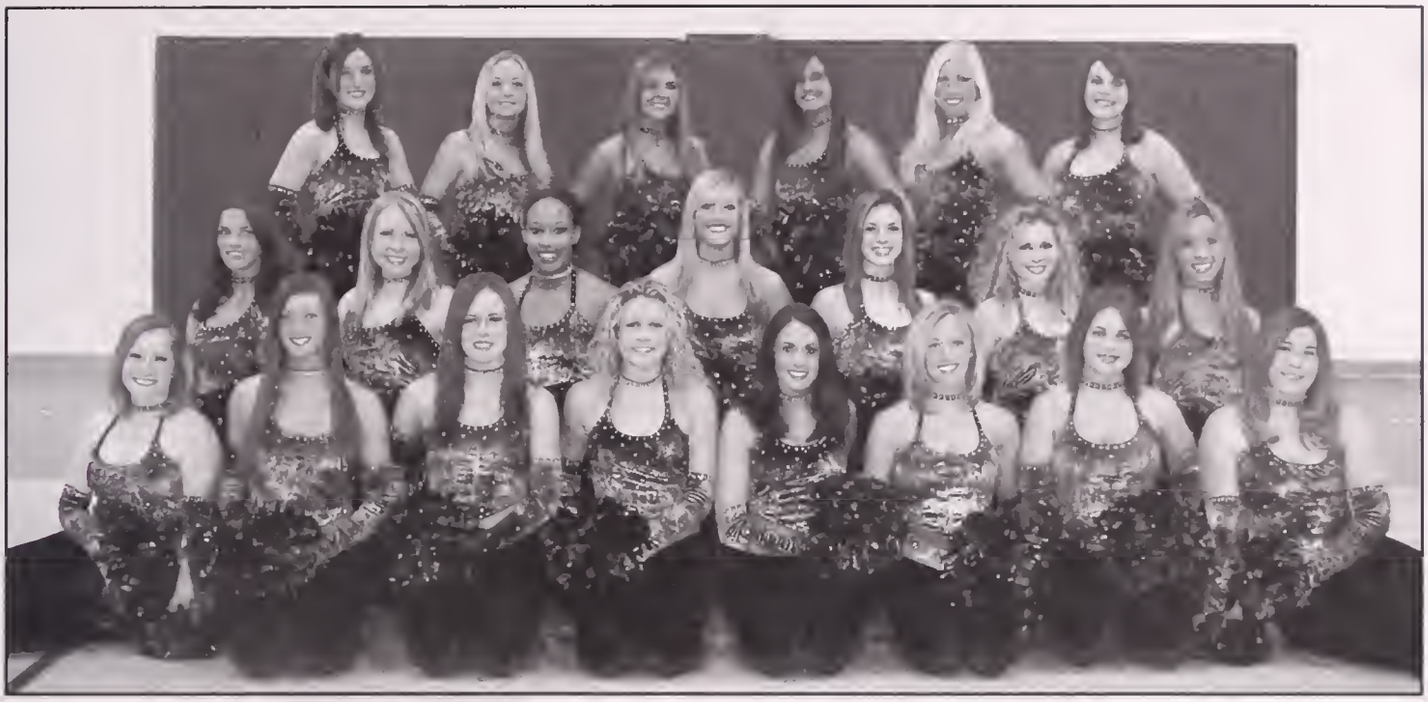

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AVILA UNIVERSITY EAGLES

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Under the intense direction of head coach Cindy Freeman, the Glitter Girls feature many studio-trained dancers with both competitive and professional experience. The dance program's comprehensive instruction includes strenuous physical conditioning and intensive flexibility and technique training with the goal of challenging even the most experienced and talented dancers to continually improve and refine their dance skills and technique.

The Avila University Glitter Girls dance team is looking forward to a fun 2005-2006 season. Coach and program founder Cindy Freeman is very excited to begin a new year with an extraordinary group of dancers. The conclusion of this season will also mark the graduation of Sarah Mumper, Donna Jungman, and Kristin Cira who have been with the program since 2001.

The Glitter Girls perform at Avila University campus events and intercollegiate football and basketball contests. They are also competitive on a national level. In each of the five years of existence, the Glitter Girls have qualified to compete at the Universal Cheer and Dance Association's National Championships held in January at the Walt Disney World Resort in Orlando, Florida.

In 2003, they captured the Heart of America Conference Spirit Squad Championship.

Not only have the Avila dancers competed nationally, they have found success in each of the past 5 seasons competing against a wide variety of colleges and universities from around the country. At the 2005 Championship, the team took third in jazz and won the national championship in the Open Hip-Hop Division.

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COACHES

Head Coach

Cindy Freeman is the creator of the Avila University Dance Team. Freeman has worked in the Athletic Department in a variety of capacities for the past 11 years, founding the dance program in 2000. Aided by her many years of involvement with dance, she has been able to recruit very strong dancers.

With these dancers, she took her team to the UCA/UDA College Nationals Dance Championship where they finished 7th place in the nation as a first year team. In 2001-2002, the Glitter Girls second year of existence, they returned with a 2nd place finish from College Nationals. The team was on ESPN a number of times as a result of the 2nd place finish. In 2002-2003, the team won the Heart of America Conference Spirit Squad Championship. Coach Freeman was also recognized as the Heart of America Conference Spirit Squad Coach of the Year.

This past year, the team took third place in jazz and were national champs in the hip-hop division walking away with a first place trophy.

Coach Freeman's work at Avila University has not gone unnoticed as she was selected to serve as a judge for the 2003, 2004 and 2005 UDA High School National Championships. The team was featured in an article in Dance Teacher Magazine in June 2004. The article was about how to start a new successful collegiate dance program.

Also in November 2005, Freeman was named Varsity/UDA Coach of the Month, and she and her team were featured on varsity.com.

Freeman's objective as a coach is to recruit not only talented dancers, but quality students into her program. Freeman's goal is for every dancer she coaches is to feel that they have been a part of something special when they leave Avila University. Freeman, who is an Avila graduate, has a bachelor of science degree in psychology. She is married to Steve Freeman and has two children, Mandy and Brad. Brad is now attending Avila and Mandy began as an assistant coach for the Glitter Girls this year.

Assistant Coach

Raquel Lathan begins her fifth year as the assistant dance coach at Avila University. Lathan brings a wealth of high school, intercollegiate and professional dance experience the program.

A native of the Kansas City area, Lathan was part of both the cheer and dance squads at Shawnee Mission West High School for three years. Following her high school career, she continued her dance experience as the founder and two year member of the UNITY/S.U.T.H Hip Hop Dance Troupe at the University of Kansas. Lathan has also spent five years as a cheerleader for the NFL's Kansas City Chiefs. She has served as a captain throughout most of her career with the Chiefs and was the team's representative for the 2001 Pro Bowl in Hawaii.

Lathan completed last year two USO tours in Cuba and Italy entertaining our men and women overseas. Lathan choreographs for area high schools, and she also choreographed the 2005 hip-hop routine that won the National Championship for the Avila Dance Team.

In addition the coaching, Lathan teaches fourth grade at Overland Trail Elementary in Overland Park. A graduate of Avila University, Lathan holds a bachelor's degree in education and is currently working on a graduate degree in Education. She lives in Overland Park, Kansas.

Assistant Coach

Mandy Freeman begins her first year as an assistant coach at Avila University this season. Freeman brings an abundance of high school, intercollegiate, competitive, dance workshop and studio experience as a dancer to the program. Freeman has been dancing for 20 years and competing at the national level for 17 years. She has contributed to the choreography for several of the team's national's routines over the years and choreographs for several area high schools.

Freeman was one of the original members of the Glitter girls in 2000 and was a captain for 3 of her years on the team. During her time at Avila the team has developed and grown into a very accomplished program. She completed her final year on the team during the 2004-2005 season helping her team bring home a National Championship in the Open Hip-Hop Category at the 2005 UDA Collegiate National Championship.

Freeman grew up attending area Catholic Schools in Kansas City. She attended Our Lady of Peace, is a graduate of Archbishop O'Hara High School, and graduated this past May from Avila University with a Bachelors of Science in Psychology and Minor in Dance. She was a recipient of the Avila Medal of Honor at the 2005 graduation.

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AVILA UNIVERSITY EAGLES

SUPPORT STAFF

Athletic Trainer

Jason Means enters his fifth year as the head athletic trainer for Avila University. Means, a three-sport athlete at Creston High School (IA) and baseball standout at Southwestern Community College (IA) received his bachelor's degree in athletic training in 1997 from Park University (MO).

Following graduation, Means moved on to Phoenix, AZ, where he completed his masters' degree in Sports Health Care at the Arizona School of Health Sciences. While in Arizona, Jason served as the athletic trainer at Phoenix's Central High School and spent the spring of 2000 as an intern for the San Francisco Giants Baseball Club during spring training. Means then returned to the Kansas City area serving as an athletic trainer for Professional Rehab Service during 2000-2001 school year working as the primary trainer for Paola High School.

Jason currently resides in Independence, MO, with his wife, Jennifer.

Assistant Athletic Trainer

Amy Roberts enters her third year as Avila's assistant athletic trainer. Roberts received her bachelor's of science degree in Health and P.E. from Southwestern College (KS) in 2001 and received her master's degree in Athletic Training Education from the University of Ohio in 2003.

Roberts has been involved in the field of athletic training throughout her college years, serving as a student athletic trainer at Southwester from 1997-2001. Prior to coming to Avila, Roberts served as the head athletic trainer at Athens HS in Ohio. Roberts recently had a case study published in the July 2004 issue of Athletic Therapy Today.

The Norman, OK native attended Carl Albert High School and was a member of the Oklahoma 5A state championship team in basketball.

Amy resides in Olathe, KS, with her husband, Chad, and their son, Austin.

Office Manager

JoAnn Immele enters her third year as the athletic department office manager. As office manager, JoAnn assists with all the administrative functions of the department and is a valuable resource to Eagle athletes and coaches.

Prior to moving into athletics, JoAnn served 8 years as the Office Manager of the School of Science and Health of Avila University. During her lifetime there, she served the needs of 14 faculty members and coordinated Avila's Annual Match/Science Challenges for High School Girls.

She also created and supervises Avila's Girl Scout Badge Program. In May 2000, she received Avila's Medal of Honor. Away from Avila, Immele is active in the historical preservation and renovation of the Grandview, MO area. She had received special recognition from the Girl Scouts of America for her work as a Girl Scout Leader.

JoAnn and her husband, Chris, reside in Grandview, MO, and are the parents of Sarah and Katie.

ADMINISTRATION -

Welcome to Avila University for another exciting season of Eagle Athletics.

I, along with all members of the Avila Athletic department, want to thank you for your support of our programs and students. The opportunities that athletics provides our student-athletes are countless, and we are happy to provide them for their overall growth as an individual.

Athletics began at Avila in 1974, with an intercollegiate men's basketball program. That single program evolved into an athletic department that today is proud to sponsor and support 11 varsity level teams.

Athletically, we sponsor and support a variety of co-curricular activities for our students that include men's sports of baseball, basketball, football, and soccer.

On the women's side, we sponsor basketball, golf, soccer, softball, and volleyball. In addition to these nine sports we sponsor and support a competitive dance team and cheer squad.

Avila University is proud to have the distinction of being the only liberal arts institution in Kansas City, Missouri, that competes at the NAIA level. We are proud of our accomplishments and history and are looking forward to our continued growth and development as a department.

Thank you for your interest in Avila Athletics and I look forward to seeing you at many more events this year. GO EAGLES!

Sincerely,

Mike Sharpe
Director of Athletics

Welcome to another year of exciting athletics at Avila University.

All of us at Avila congratulate our student athletes on their achievements in sports as well as in the classroom.

Our athletic program enables our students to pursue excellence, develop camaraderie, and enjoy the spirit of competition.

The Avila community wishes all of our teams great success this year and welcomes everyone to enjoy the excitement of athletics at Avila.

Sincerely,

Thomas F. Gordon, J.D., LL.M
President
Avila University

AVILA UNIVERSITY

is a dynamic, Catholic, four-year liberal arts and preprofessional university, founded and sponsored by the Sisters of St. Joseph of Carondelet. The University offers a broad range of studies – from business to corporate communication and allied health, just to name a few. Avila offers nearly 40 undergraduate degree programs and three graduate degree programs, many of which were the first of their kind in the Kansas City area.

For example, Avila was the first college in the Kansas City area to offer programs in nursing, gerontology, and social work. We were also the first – and currently only – four-year Kansas City university to offer a paralegal program approved by the American Bar Association. We are one of only 23 colleges and universities in the entire country that offers a four-year degree in radiologic technology. We also offer the only accredited bachelor's degree in social work in the Kansas City area.

Come visit the campus at 119th and Wornall Road in suburban south Kansas City and discover even more surprises about Avila University!

AVILA INFORMATION

President
Thomas F. Gordon, J.D., LL.M.
Athletic Director
Mike Sharpe 816-501-3634
Athletic Office 816-501-3634
Sports Information Director and Head Coach/Women's Basketball
Greg Mittelsteadt 816-501-3740
Head Coach/Men's Basketball
Anthony Hall 816-501-3743
Head Coach/Cheerleading
Jason Sack 816-501-2473
Head Coach/Dance
Cindy Freeman 816-501-2478
University Enrollment 1,800
Mascot Eagles
Colors Purple & Gold
Affiliation NAIA
Conference
Heart of America Conference

Avila University holds membership in the National Association of Intercollegiate Athletics (NAIA). Founded in 1937, the NAIA is a collegiate governing body that has grown to encompass 23 national championships. Every year more than 50,000 student athletes participate in NAIA competition. Today the NAIA is comprised of over 330 four-year accredited colleges and universities.

Avila University is also a member of the Heart of America Athletic Conference (HAAC). Generally considered one of the top small college athletic conferences in the country, the HAAC is comprised of 11 schools located in Missouri, Kansas, and Iowa. The HAAC provides intercollegiate competition in 18 different men's and women's sports.

Avila University
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Kansas City, MO 64145

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www.avila.edu

The Avila University athletic logo was very recently redesigned and will represent all women's and men's sports programs at Avila University. Members of the media can contact the AU Office of Marketing & Communication for logos and usage guidelines at omc@avila.edu or 816-501-3753.